

# Early Head Start Gazette

August 2018

## Tips for Preparing the Baby for Daycare

It is very important that the parents prepare their babies for the daycare prior to actually sending them over.

- Before they actually start the daycare services for the babies, parents should leave them with other members of the family or some trusted neighbors for an hour or two daily so that babies get acquainted of staying away from them.
- Try to start their toilet training so that they are well managed at the daycare centers.
- Stick to a schedule. Drop the baby off at the same time every day. This will make the transition smoother as the baby will react positively to predictability.
- Also make sure to leave something familiar with the baby. It could be a toy or a piece of cloth to which the child can relate and feel secured that



his/her parents are around. <https://www.brighthubeducation.com/infant-development-learning/51863-tips-for-parents->

## IS YOUR CHILD STILL IN THE CAR?



## Babies can do Crafts

Add paper and colored ice cubes (water & food coloring) to a baggie. Encourage the baby to move the ice cubes around. Talk about how the ice cubes feel (cold, hard, slippery) and how they look (colors, rectangle). Explain what's happening to the ice cubes and why they are melting. (Got to start science young!) <http://paintandprozac.blogspot.com/2011/03/babies-can-do-crafts.html>



## August 26

## National Dog day

National Dog Day serves to raise awareness of the thousands of dogs that need to be rescued and encourages appreciation for family dogs and working dogs, such as



bomb dogs, service dogs, rescue dogs and law enforcement dogs. Dogs are owned by many families in the US, however many other dogs are homeless and or have been abandoned. Every year, these dogs are taken into shelters, where millions of them are euthanized. In the US, approximately 3.9 million dogs enter animal shelters every year, of these, 1.2 million are euthanized. Only 35% of shelter dogs are adopted, 26% are returned to their owners and 31% are euthanized. <https://www.wincalendar.com/Dog-Day>

## Early Head Start

# The Six Best Ways to Find Your Next Job

Whether you recently lost your job or are ready to jump ship from your current one, the chances of your getting a new position through the want ads is next to nil. The good news is that there are many other avenues to pursue.

Start by updating your resume and your LinkedIn profile. Then come up with a brief pitch, highlighting what makes you special, that you can tailor as you approach potential contacts. Here are the best ways to harness it in your job hunt.

**1. Tap your network.** Everybody knows somebody. Within your existing network there are probably three jobs that would be appropriate for you, but the people who could help open doors to those jobs just haven't thought of you. Make a list of everyone you know. Set a goal to touch base with three people you have not talked to for a year or more. Meet one of them for coffee or lunch. Identify the 25 most influential people in your network and brainstorm ways to strengthen your relationships with each.

**2. Connect with alumni.** We generally like people who have something in common with us; who share the same values or hobbies; or have gone to the same school. Call the alumni in your region, go to meetings and grow your network. Adding three new alumni per week (through alumni directories or LinkedIn) is a solid approach--even better if these are in your industry.

**3. Attend events.** These include ones hosted by charities and professional organizations. Talk to at least one person at every meeting who you haven't met yet. If you can get the list of attendees beforehand, identify at least one person who you would like to meet and make arrangements to connect there in person. Without imposing, look for an excuse to follow up--by meeting again, or getting a referral to someone else.

**4. Use LinkedIn to maximum effect.** LinkedIn is a powerful

tool to easily connect with the right people. Search your target market based on your industry, qualifications, university and interests, and connect with the people who interest you. For example, if you work in the insurance sector, you could aim to connect with all potential bosses and human resource departments in this industry and in your market. You can even set goals for yourself, such as, "Connect to all general managers and human resource managers in the insurance industry in my city by the end of April."

**5. Check job boards.** Many companies and recruiters use them to find the right candidate. Define the top job boards for your skill set and put your resume there. Choose a catchy,



succinct headline that encourages the reader to open the attachment. Many show when your resume was last updated. To avoid getting shifted

deeper into the pile of applicants, update it weekly.

**6. Contact headhunters.** Senior-level professionals are recruited almost exclusively through recommendation or by headhunters. We know about jobs that will never be advertised and we have experience finding openings. If you work with a headhunter, choose carefully. Identify several (but no more than five) whom you trust and be prepared to follow-up.

<https://www.forbes.com/sites/deborahjacobs/2013/03/22/the-six-best-ways-to-find-your-next-job/#33b621261369>

## Message on Children's Eye Health and Safety Awareness Month

Children should have an eye exam at 6 months and this must be repeated at age 3. Once they start school, eye exams must be done regularly. About 80% of what children learn in school is taught visually, which means if a child has undetected and uncorrected vision problem, it will affect the child's development and performances in school. **Some warning signs that your child may be experiences vision problems are:**

Tilting the head or squinting to see the class board better or when watching TV

Frequent eye rubbing when

he's trying to concentrate on something.

Holding a book too close to his eyes or often sitting close to the TV.

Consistently using his fingers to guide his eyes when reading.

Closing one eye to read or watch TV.

Excessive tearing without any tear-causing stimuli.

Eye discomfort when using a computer or any digital device i.e. digital eye strain.

Sensitivity to light, which sometimes accompanied by headache or nausea.

Wandering eyes. <https://www.consumerhealthdigest.com/health-awareness/childrens-eye-health-and-safety-awareness->



# Announcements

August 2018

Greetings Parents!!

Welcome to those of you who are new to our program and welcome back to those of you who are returning! We would like to thank you all for your support and participation in the Early Head Start/ Early Head Start CCP programs. This year we have many events and activities that we are planning; to inform and engage your whole family in.

### Get Involved!!

We have volunteer opportunities year-round for you to be involved in your child's experience in the Early Head Start programs.

Planning Parent Training Sessions

Assisting with Recruitment of New Families

Serving as a Representative on the Policy Council

### Training Opportunities

We have many training opportunities planned for the upcoming year. You will receive more information regarding dates and a time as the time nears. The trainings for the month of August include:

Parent Committees and Policy Council

Curriculum, Assessment tools and Mandates



## Child Safety

### **Never leave kids in a parked car**

- Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough- temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.
- Tips for traveling with children

### **Never leave infants or children in a parked car, even if the windows are cracked open.**

- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car. <https://www.cdc.gov/disasters/extremeheat/children.html>

## Baby Food Safety

The most important action that you can take to prevent food-borne illness in your babies and children is to wash your hands.

Your hands can pick up harmful bacteria from pets, raw foods (meat, poultry, seafood, eggs), soil, and diapers.

### **Always wash your hands:**

- Before and after handling food
- After using the bathroom, changing diapers, or handling pets.

### **Other ways to keep your baby's food safe:**

- Check the packaging of commercial baby food before serving: The following may indicate that the food is contaminated or at risk of bacterial contamination: For jars: Make sure that the safety button on the lid is down. Discard any jars that don't "pop" when opened or that have chipped glass or rusty lids.
  - For plastic pouches: Discard any packages that are swelling or leaking.



• Don't "double dip" with baby food: Never put baby food in the refrigerator if the baby doesn't finish it. Your best bet: Don't feed your baby directly from the jar of baby food. Instead, put a small serving of food on a clean dish and refrigerate the remaining food in the jar. If the baby needs more food, use a clean spoon to serve another portion. Throw away any food in the dish that's not eaten. If you do feed a baby from a jar, always discard any remaining food.

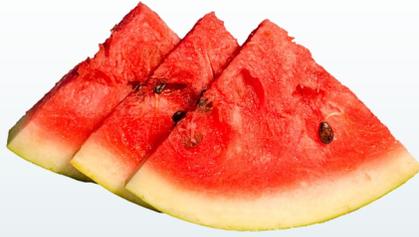
• Don't share spoons: Don't put the baby's spoon in your mouth or anyone else's mouth - or vice versa. If you want to demonstrate eating for your baby, get a separate serving dish and spoon for yourself.

• Never leave any open containers of liquid or pureed baby food out at room temperature for more than two hours: Harmful bacteria grows rapidly in food at room temperature.

• Store opened baby food in the refrigerator for no more than three days: If you're not sure that the food is safe, remember this saying: "If in doubt, throw it out." <https://www.foodsafety.gov/keep/types/babyfood/index.html>

## Watermelon Nutrition

For a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more. Over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits. As it turns out, watermelon is incredibly healthy! The Watermelon Board is proud to say that watermelon is the Lycopene Leader among fresh produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet. Nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it is having excellent levels of vitamins A and C and a good level of vitamin B6.



**Vitamin A** found in watermelon is important for optimal eye health and boosts immunity by enhancing the infection-fighting actions of white blood cells called lymphocytes. **Vitamin B6** found in watermelon helps the immune system produce antibodies. Antibodies are needed to fight many diseases. Vitamin B6 helps maintain normal nerve function and form red blood cells. The body uses it to help break down proteins. The more protein you eat, the more vitamin B6 you need. **Vitamin C** in watermelon can help to bolster the immune system's defenses against infections and viruses and can protect a body from harmful free radicals that can accelerate aging and conditions such as cataracts. A two-cup serving of watermelon is also a source of potassium, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can experience muscle cramps. <https://www.watermelon.org/Nutrition>

## Watermelon Sorbet

### Ingredients

3 cups water  
1 cup sugar  
4 cups seeded, chopped watermelon  
1/4 cup lime juice

### How to Make It

Bring 3 cups water and sugar just to a boil in a medium saucepan over high heat, stirring until sugar dissolves. Remove from heat. Cool.

Process sugar syrup and watermelon, in batches, in a blender until smooth. Stir in lime juice. Cover and chill 2 hours.

Pour mixture into the freezer container of a 1-gallon ice-cream maker, and freeze according to manufacturer's instructions. <http://www.myrecipes.com/recipe/watermelon->



## Watermelon Agua Frescas

### Ingredients

4 cups cubed seedless watermelon, cantaloupe, or honeydew melon  
1/4 cup sugar  
2 cups cold water

### How to Make It

Process watermelon, cantaloupe, or honeydew melon and sugar in a blender until smooth, stopping to scrape down sides as needed. Pour mixture through a fine wire-mesh strainer into a pitcher, discarding solids. Stir in 2 cups cold water. Cover and chill until ready to serve. Serve over ice. <http://www.myrecipes.com/recipe/watermelon-agua-frescas>



## How can I get my toddler to behave in restaurants?

At this age, it's a matter of preparation and chance. For one thing, you can't expect a toddler to sit still for a long meal, so choose a restaurant that's not too crowded or too leisurely about serving. You may even want to call in your order ahead of time.

Make sure your child is well rested when you arrive, and that he's hungry (but not to the point of meltdown!). And even though it's generally considered bad manners to bring toys to the table, something to engage your child's interest at this age is completely acceptable. Just make sure it's something quiet.

If your toddler's been learning table manners at home, you can hope that he'll remember not to bang his utensils, yell, spit, or throw food. If he does misbehave in a way that disturbs other diners, though, pick him up and leave, without fanfare.

Don't reprimand your toddler in public, but do tell him when you leave that his manners are not acceptable. Then try not to let your disappointment at a ruined dinner override your understanding of his developmental stage. [https://www.babycenter.com/0\\_teaching-table-manners-to-your-toddler\\_1429019.bc](https://www.babycenter.com/0_teaching-table-manners-to-your-toddler_1429019.bc)